

RWJBH Oncology Support Program – October 2026

RWJBH Oncology Support Program provides support for the physical and emotional concerns of individuals affected by cancer. From diagnosis through treatment, and recovery and survivorship, we provide members with support, education, hope, and encouragement as part of a community of others facing treatment and survivorship together. All programs are free and open to all RWJBarnabas Health and Rutgers Cancer Institute patients. Registration is required for each program.

For additional information, please call 732-272-6938 or email debra.mcgivney@rwjbh.org.

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <i>No program today</i>	2 <i>No program today</i>
5 <u>Seated Gentle Yoga</u> 11 am – 12 pm Virtual	6 <i>No program today</i>	7 <u>All Cancers Support Group</u> 2 – 3 pm In-person Community Medical Center 99 Rt 37 West Toms River, NJ	8 <u>Family & Friends Caregiver Support Group</u> 2 – 3 pm Virtual	9 <u>Mindfulness & Watercolor Painting</u> 12 – 1 pm Virtual <i>Painting supplies will be mailed to you upon registration.</i>
12 <u>Mindfulness & Meditation</u> 6 – 7 pm Virtual	13 <u>Men's Cancer Support Group</u> 2 – 3 pm Virtual	14 <u>Seated Tai Chi Easy</u> 11 am – 12pm Virtual	15 <u>All Cancers Support Group</u> 2 – 3 pm In-person Anne Vogel Family Care & Wellness Center 200 Wyckoff Road Eatontown, NJ	16 <u>Women's Cancer Support Group</u> 2 – 3 pm Virtual
19 <u>Seated Zumba Gold</u> 1 – 2 pm Virtual	20 <u>All Cancers Support Group</u> 2 – 3 pm Virtual	21 <u>Seated Gentle Movement & Stretch</u> 6 – 7 pm Virtual	22 <u>Lung Cancer Support Group</u> 2 – 3 pm Virtual	23 <i>No program today</i>
26 <u>Mindfulness & Meditation</u> 6 – 7 pm Virtual	27 <u>Living Through Loss Support Group</u> 2 – 3 pm Virtual	28 <u>Breast Cancer Support Group</u> 2 – 3 pm Virtual <u>Seated Gentle Movement & Acupressure</u> 12 – 1 pm Virtual	29 <i>No program today</i>	30 <u>Lunch and Learn: Understanding Breast Cancer-Related Lymphedema</u> 11:30am – 1:30pm In-person JBJ Soul Kitchen Community Restaurant 1769 Hooper Ave Toms River, NJ To register, contact Laura Gallo at 732-923-6509 or Laura.Gallo@rwjbh.org .